

Lift the Weight: Lift the Weight (Hip Hop)

I do clings to build my hamstrings
I do things repetitiously
So I can get results that I can see
In my own physique
So I can see strength where I once was weak
Because I never give up and I keep the beat
Because I never give up I complete the feat
Because I never lift a thing without proper technique
I'm not a freak I get the job done
At the gym I'm awesome
I don't lift weights I flip and toss 'em
With perfect form I perfect my form
Until I rise right above your expected norm
I've got the time and desire to put in the effort
I want my muscle to rank higher whenever measured
I want my brain to be my part that's most treasured
So I exercise my mind with every endeavor

I lift weight the most reps at the best rate
I bench press all these dumbbells off my chest plate
(*ALT CHORUS ..all you dumbbells)

I build character when I choose to face a challenge
So I work out and drink milk by the gallons
I weight train with weights that are balanced
It makes me stronger putting time into my talents
I meet resistance with effort and desire
I meet resistance and it makes me perspire
I meet resistance and it makes me climb higher than I could
If I never met any resistance like I should
Without a challenge my muscles get weak so
I've got to struggle I got to hustle just to eat bro
I've got to tussle with trouble that's my credo
And you'll never catch me in a Speedo

(CHORUS) (repeat)

